



8-WEEK ADVANCED MUSCLE BUILDING WORKOUT FOR WOMEN

Workout Summary

Main Goal: Build Muscle
Training Level: Advanced
Days Per Week: 4 Day
Program Duration: 8 Weeks
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Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines
Target Gender: Female
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Day 1: Lower Body and Core

Start with a 10-15 minute warm-up that includes light cardio, dynamic mobility, and controlled lower-body activation. The focus of this session is quad development, overall lower body strength, and core stability. Perform each repetition with a slow tempo and controlled movement. Training to absolute failure is not necessary; finishing within one or two reps of the target range is ideal for hypertrophy.

Exercise	Sets	Reps	Rest
Dumbbell Step Up	3	10 - 12 Each Leg	90 - 120 Sec
Barbell Back Squat	3	10 - 12	2 - 3 Min
Leg Press or Hack Squat	3	10 - 12	2 - 3 Min
Dumbbell Goblet Squat	3	10 - 12	90 - 120 Sec
Leg Extension	3	15	60 - 75 Sec
45 Degree Leg Press Calf Raise	3	15	60 Sec
Weighted Crunch	3	15	45 - 60 Sec
Shoulder Taps	3	10 Taps Each Side	45 - 60 Sec

Day 2: Upper Body

This upper body workout targets the back, chest, shoulders, and arms through a mix of pushing and pulling movements. Since there are two upper body sessions in the program, each uses different exercises to provide varied stimulus and promote balanced development.

If time is limited, certain exercises performed near each other in the gym can be structured into supersets. This approach can reduce session length without sacrificing training quality.

Exercise	Sets	Reps	Rest
Pull Up or Lat Pull Down	3	10 - 12	2 Min
Seated Cable Row	3	10 - 12	90 - 120 Sec
Incline Dumbbell Bench Press	3	10 - 12	2 Min
Tricep Dip	3	10 - 12	90 - 120 Sec
Dumbbell Front Raise	3	10 - 12	60 Sec
Dumbbell Tricep Extension	3	12 - 15	60 - 75 Sec
Concentration Curl	3	12 - 15 Each Arm	60 Sec
Hanging Leg Raise	3	12 - 15	45 - 60 Sec

Day 3: Lower Body

The second lower body workout emphasizes the glutes, hamstrings, and posterior chain. This balanced structure helps prevent overuse while ensuring the entire lower body receives sufficient training stimulus throughout the week.

Some trainees may prefer starting the week with posterior chain work instead of quad-dominant training. Swapping the order is perfectly acceptable as long as an upper-body day separates the two lower-body sessions.

Exercise	Sets	Reps	Rest
Hip Thrust	3	10 - 12	2 - 3 Min
Hip Abduction Machine	3	10 - 12	60 - 75 Sec
Romanian Deadlift	3	10 - 12	2 - 3 Min
Walking Lunge	3	10 - 12 Each	90 - 120 Sec
Lying Leg Curls	3	12 - 15	60 - 75 Sec
Seated Calf Raise	3	15	60 Sec
Glute Bridge Pallof Press	3	12	60 Sec
Side Plank	3	40 - 60 Sec Each	45 - 60 Sec

Day 4: Upper Body

The final workout of the training split reinforces total upper-body development. Shoulders, arms, chest, and back are trained through a mix of compound and isolation exercises. If a specific muscle group requires additional attention, an extra movement can be added at the end of the session to increase volume.

Exercise	Sets	Reps	Rest
Incline Dumbbell Flys	3	10 - 12	75 - 90 Min
Dumbbell Pullover	3	10 - 12	90 Sec
Arnold Press	3	10 - 12	2 Min
Dumbbell Lateral Raise	3	10 - 12	60 Sec
Skull Crushers	3	15	60 - 75 Sec
Rope Tricep Extension	3	12 - 15	60 - 75 Sec
Cable Curl	3	10 - 12	60 - 75 Sec
Wood Chop	3	15 Each	45 - 60 Sec